



our mission is to care, our vision is to cure

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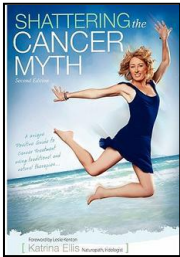
Information detailed in these resources about diseases, treatments and general matters have not been written and edited by Leukaemia & Blood Cancer New Zealand (LBC) support service staff. LBC makes every effort to ensure the information provided is as up-to-date and accurate as possible, however, LBC does not accept liability for misinterpreted or incorrect information. It is also not the intention of LBC to recommend any particular form of treatment. At all times you need to discuss the information in these resources, or from any other source, with your doctors or health team, given your unique situation and status.

AUDIO

<p style="text-align: center;">Image Unavailable</p>	<p>Dr. Ric Gordon tells you about Chronic Myeloid Leukaemia (CML)</p> <p>Gordon, Ric</p> <p>AUD001</p>	<p style="text-align: center;">Description Unavailable</p>
	<p>Letting Go of Anxiety Deep Relaxation Imagery and Breathing Exercises for Releasing Anxiety</p> <p>Edelman, Sarah</p> <p>AUD002</p>	<p>A series of gentle exercises designed to help you release the unpleasant feelings that accompany anxiety - including physical tension.</p>
	<p>Kids with Leukaemia - A Space Adventure</p> <p>National Cancer Institute</p> <p>CD-ROM AUD003</p>	<p>A useful, engaging, and empowering tool for children with leukaemia aged 4-11 year.</p>

	<p>Meditations for Peace of Mind - Relax and Appreciate Your Uniqueness</p> <p>Siegel, Bernie</p> <p>AUD004</p>	<p>Two individual and empowering meditations, each a combination of guided imagery and auto-hypnosis. These are designed to assist you in dealing with negative thoughts.</p>
<p>AUDIO</p>		
	<p>The World of Relaxation - a Guided Mindfulness Meditation Practice for Healing in the Hospital and/or at Home</p> <p>Kavat-Zinn, Jon</p> <p>AUD006</p>	<p>The World of Relaxation is aimed at reaching out to patients lying in bed inviting them to experiment inwardly. The program is meant to be "done" by the viewer/listener, rather than listened to.</p>
	<p>Fill What is Empty, Empty What is Full - Guided Meditations</p> <p>Ji, David</p> <p>AUD007</p>	<p>Davidji created the Guided Meditations for bringing more wholeness back into life. Focused on physical and emotional healing.</p>
	<p>101 Ways to Transform Your Life</p> <p>Dyer, Wayne</p> <p>AUD008</p>	<p>On this inspirational CD Dr. Wayne Dyer offers you 101 ways to make your life more fulfilling and enjoyable.</p>

	<p>The Art of Extreme Self-Care - Transform Your Life, One Month at a Time</p> <p>Richardson, Cheryl</p> <p>AUD009</p>	<p>This life-changing work offers you 12 strategies to transform your life one month at a time with a practical, action-oriented program.</p>
<p>COMPLEMENTARY THERAPIES</p>		
	<p>Complementary Therapies for Cancer</p> <p>Holt, Shaun</p> <p>COM001</p>	<p>Evidence based advice on therapies including acupuncture, massage, meditation, yoga and hypnosis. Also looks at many commonly-used therapies which are unlikely to help.</p>
	<p>Natural Remedies that really work</p> <p>Holt, Shaun</p> <p>COM002</p>	<p>Summaries of the most important clinically researched natural remedies from antioxidants to yoga and advice on the application and dosage of treatments and remedies.</p>
	<p>The Alternative Medicine Handbook</p> <p>Cassileth, Barrie</p> <p>COM003</p>	<p>Cassileth evaluates over 50 alternative therapies, from Ayurveda to homeopathy to acupuncture, and discusses the origins of each therapy and how it works.</p>



Shattering the Cancer Myth, a unique positive guide to cancer treatment

Ellis, Katrina

COM004

A cancer survivor who has practiced naturopathy for more than 15 years, Ellis writes with personal candour about her own experience of conquering malignant ovarian cancer.

COMPLEMENTARY THERAPIES

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A Practitioners Guide to Alternative Therapies

COM005

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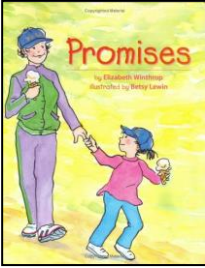
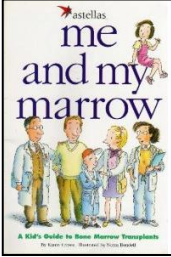
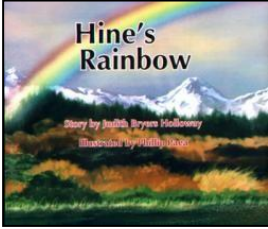
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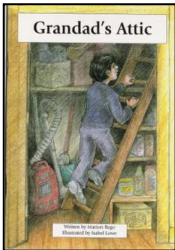

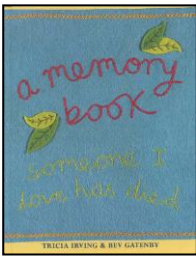
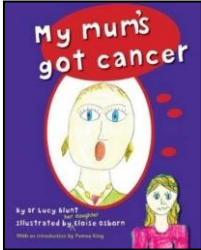
Complementary & Alternative Cancer Methods


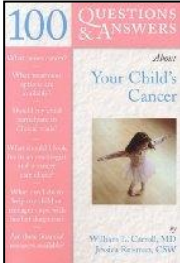
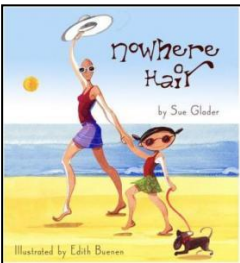
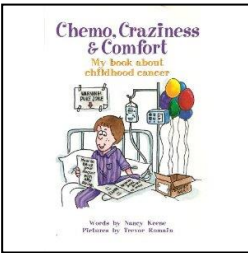
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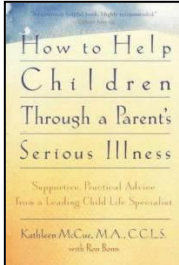
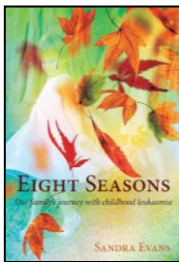
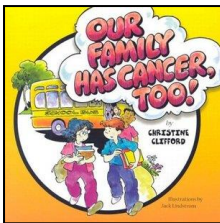
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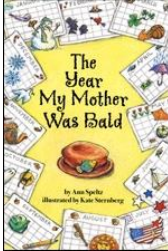
CHILDREN

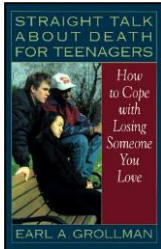
	<p>Promises</p> <p>Winthrop, Elizabeth</p> <p>CHN 001</p>	<p>Sarah, a young girl, whose mother is being treated for cancer, describes her daily life. From taking walks with her mum to getting asked why her mum doesn't have any hair.</p>
	<p>Me and My Marrow - A Kid's Guide to Bone Marrow Transplants</p> <p>Crowe, Karen</p> <p>CHN002</p>	<p>Explanations and advice on coping with a Bone Marrow Transplant for children.</p>
	<p>Hine's Rainbow (Maori and English versions)</p> <p>Holloway, Judith</p> <p>CHN003</p>	<p>Ruby and Katie treasure the time they spend with their sister Hine. This is Ruby's story of Hine's life and death, and of a family of diverse cultures coming to terms with their grief.</p>

 <p>Grandad's Attic</p> <p>Written by Marian Rego Illustrated by Sarah Lee</p>	<p>Grandad's Attic</p> <p>Rego, Marian</p> <p>CHN004</p>	<p>When a boy's granddad dies, he doesn't know what to do. There is suddenly a big hole in his life. The reader goes with the boy on his way to understanding and acceptance.</p>
<p>CHILDREN</p>		
 <p>Foreword by HRH The Prince of Wales</p> <p>The Secret C</p> <p>Straight talking about cancer</p> <p>Julie A. Stokes CBE Illustrated by Peter Miller</p>	<p>The Secret C - Straight Talking about Cancer</p> <p>Stokes, Julie</p> <p>CHN005</p>	<p>Aimed at supporting parents explaining what cancer means to 7 – 10 year olds. It encourages questions about cancer through pictures, captions and straightforward language.</p>
 <p>a memory book</p> <p>someone I love has died</p> <p>TRICIA IRVING & RY GATSBY</p>	<p>A Memory Book - Someone I Love Has Died</p> <p>Irving, Tricia</p> <p>CHN006</p>	<p>A book for children to fill with memories about a person who has died. Spaces for writing, drawing and sticking in photos. The book is a way to remember a special person.</p>
 <p>My mum's got cancer</p> <p>by Lucy Blunt Illustrated by Elaine Osborn With an introduction by Patricia King</p>	<p>My mum's got cancer</p> <p>Blunt, Lucy</p> <p>CHN007</p>	<p>For parents, families, children, and teachers to help normalise the treatment of cancer. A picture book designed to take away the fear and secrecy of cancer treatment.</p>

	<p>Who will tuck me in? Garden- Bachop, Sue CHN008</p>	<p>This story aims to help begin family conversations when a parent has cancer. Conner's Mum goes to hospital with cancer, and there's lots that's new to get used to. For 3 – 8 year olds.</p>
<p>CHILDREN</p>		
	<p>100 Questions and Answers about Your Child's Cancer. Carroll, William CHN009</p>	<p>Practical answers to your questions about childhood cancer, treatment options, post-treatment quality of life, coping strategies, sources of support, and much more.</p>
	<p>Nowhere Hair Gladder, Sue CHN010</p>	<p>A little girl investigates the mystery of her mother's hair going missing while helping prepare young ones for living with someone having chemotherapy.</p>
	<p>Chemo, Craziness and Comfort Keene, Nancy CHN012</p>	<p>Clear explanations and practical advice for children ages 6-12. Warm and funny illustrations help the child (and parents) make sense of cancer and its treatment.</p>

	<p>Butterfly Kisses and Wishes on Wings – When Someone you Love has Cancer</p> <p>McVicker, Ellen</p> <p>CHN013</p>	<p>A listen-to or read-aloud book that can be used to educate and support any child who is facing the cancer of a loved one.</p>
<p>CHILDREN</p>		
	<p>How to Help Children Through a Parent's Serious Illness</p> <p>McCue, Kathleen</p> <p>CHN015</p>	<p>Supportive, practical advice from a leading child-life specialist. Includes information such as what to tell a child about the illness, and when and where to get professional help.</p>
	<p>Eight Seasons - Our Family's Journey with Childhood Leukaemia</p> <p>Evans, Sandra</p> <p>CHN016</p>	<p>Written by a mother who has experienced dealing with childhood leukaemia. It conveys a realistic and hopeful message to others coping with the demands of treatment.</p>
	<p>Our Family has Cancer too</p> <p>Clifford, Christine</p> <p>CHN017</p>	<p>Providing comfort through the knowledge that "you are not alone," invites kids to write down their questions for parents, doctors, teachers, and others.</p>

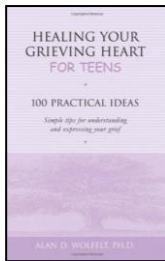
	<p>The Journey Through Skylight CHN 018</p>	<p>Using case studies and quotes from those experiencing grief, this book tackles the specific issues that children and teenagers face around change, loss and grief with honesty.</p>
<p>CHILDREN</p>		
	<p>The Year My Mother Was Bald Speltz, Anne CHN019</p>	<p>A child's journal about the year her mother undergoes treatment for cancer. Filled with drawings, photos, medical clippings and resources it offers a wealth of information.</p>



Straight Talk about Death for Teenagers - How to Cope with losing Someone You Love

Grollman, Earl
TEEN001

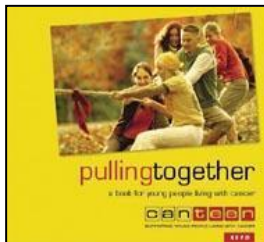
With brief entries such as "Accidental Death," "Crying," and "Going Nuts," Grollman answers the kinds of questions that teens are likely to ask when grieving the death of someone close.



Healing your grieving Heart for Teens - 100 Practical Ideas

Wolfelt, Alan
TEEN002


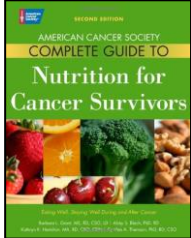
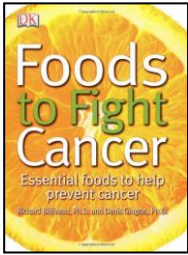
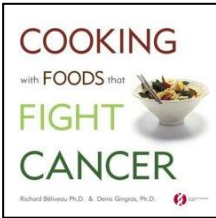
Presents a different idea to help teens recognize mourning as a natural process, reassuring and showing them how to release grief in healthy, positive ways.

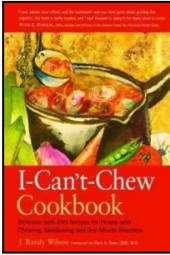
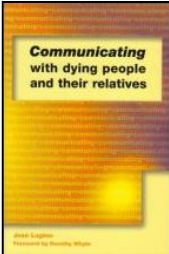
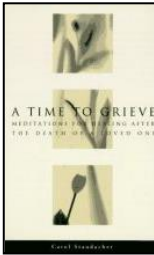


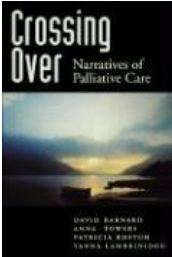
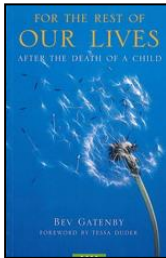
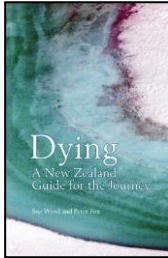
Pulling Together – a book for young people living with cancer

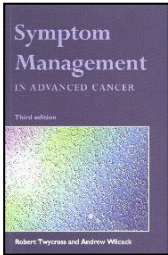
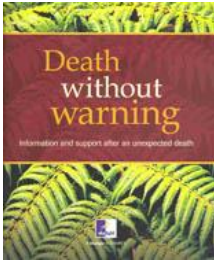
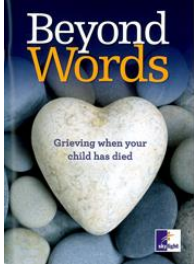
Canteen
TEEN003

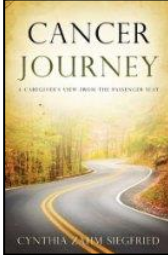
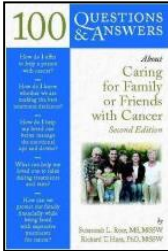
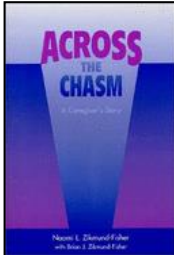
A book for young people living with cancer This information-based resource book has been produced by members past and present of CanTeen New Zealand.

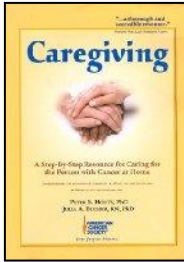
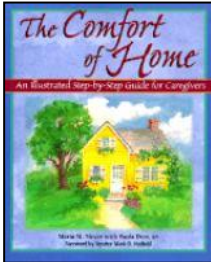
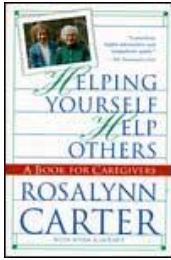
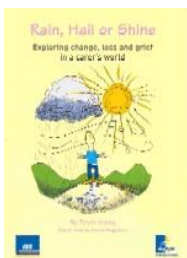
	<p>Lovesick - Teens Reflect on Growing Up with a Parent Who Has Cancer</p> <p>Recipe for Success</p> <p>TEEN004</p>	<p>A compilation of writing by teens about growing up with a parent with cancer.</p>
<p>NUTRITION</p>		
	<p>Complete Guide to Nutrition for Cancer Survivors</p> <p>American Cancer Society</p> <p>NUT001</p>	<p>Sound nutritional advice for before, during, and after cancer therapy and how nutrition can help bolster energy levels, and strengthen the immune system.</p>
	<p>Foods to Fight Cancer - Essential Foods to Help Prevent Cancer</p> <p>Beliveau, Richard</p> <p>NUT002</p>	<p>Details the key foods that have been shown to be beneficial in both preventing and fighting cancer, this is the must-have resource for anyone looking to get healthy and stay that way.</p>
	<p>Cooking with Foods that Fight Cancer</p> <p>Beliveau, Richard</p> <p>NUT003</p>	<p>The science of food and which properties of particular foods are the active cancer-fighting elements. Explains how different foods work to protect the body against different cancers.</p>

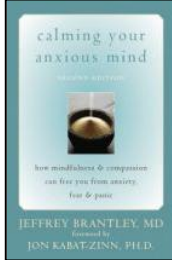
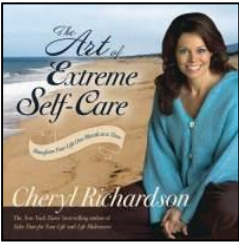
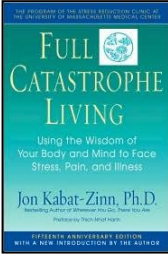
	<p>I Can't Chew Cookbook - Delicious Soft-Diet Recipes</p> <p>Wilson, Randy</p> <p>NUT004</p>	<p>The ultimate cookbook for people with chewing, swallowing and dry- mouth disorders.</p>
<p>PALLIATIVE CARE</p>		
	<p>Communicating with Dying People and their Relatives</p> <p>Lugton, Jean</p> <p>PAL001</p>	<p>Exploring the emotional problems patients, relatives, close friends and professionals experience when someone is dying.</p>
	<p>A Time to Grieve - Meditations for Healing after the Death of a Loved One</p> <p>Staudacher, Carol</p> <p>PAL002</p>	<p>A collection of comforting thoughts and meditations - including the authentic voices of survivors - for anyone grieving the loss of a loved one.</p>
<p>Image Unavailable</p>	<p>Help me I'm Dying - A Handbook for those caring for the Terminally Ill at Home</p> <p>Williams, Elizabeth</p> <p>PAL0003</p>	<p>Description Unavailable</p>

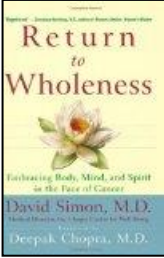
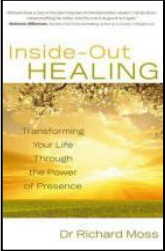
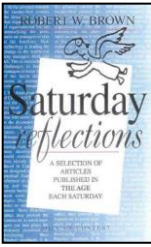
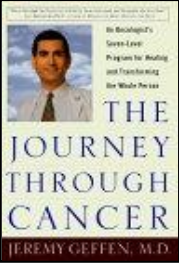
<p>Image Unavailable</p>	<p>As we walk through the Valley</p> <p>Young, Joyce</p> <p>PAL004</p>	<p>Description Unavailable</p>
<p style="text-align: center;">PALLIATIVE CARE</p>		
	<p>Crossing Over - Narratives of palliative care</p> <p>Barnard, David</p> <p>PAL005</p>	<p>Patients, families, and their caregivers striving to maintain comfort in the face of incurable illness. The narratives weave together emotions, physical symptoms, and spiritual concerns.</p>
	<p>For the Rest of Our Lives -after the death of a child</p> <p>Gatenby, Bev</p> <p>PAL006</p>	<p>Bev Gatenby draws on her daughters' death and the experiences of many other parents she has interviewed to offer information and support to parents who have had a child die.</p>
	<p>Dying – A New Zealand Guide to the Journey</p> <p>Wood, Sue</p> <p>PAL007</p>	<p>How to respond positively and practically to situations that are likely to arise on the difficult journey of terminal illness.</p>

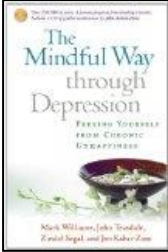
	<p>Symptom Management in Advanced Cancer</p> <p>Twycross, Robert</p> <p>PAL008</p>	<p>Practical information on controlling the range of symptoms experienced in cancer care encountered daily.</p>
<p>PALLIATIVE CARE</p>		
<p>Image Unavailable</p>	<p>Symptom Control in Advanced Cancer</p> <p>Woodruff, Roger</p> <p>PAL009</p>	<p>Description Unavailable</p>
	<p>Death Without Warning</p> <p>Ewart et al.</p> <p>PAL010</p>	<p>A handbook offering information and support after an unexpected death.</p>
	<p>Beyond Words – Grieving When A Child Has Died</p> <p>Irving & Thompson</p> <p>PAL011</p>	<p>This handbook features honest words and perspectives of many bereaved parents who have 'been there'. It also offers useful information about managing grief, support options and ideas that may be helpful</p>

	<p>Cancer Journey - a Caregivers View from the Passenger Seat</p> <p>Siegfried, Cynthia</p> <p>CAR001</p>	<p>A first-hand account of the struggles and triumphs in cancer -from the viewpoint of the caregiver. As a caregiver you quickly realize that-even though it's not your body-it's your disease.</p>
	<p>100 Questions and Answers about Caring for Family or Friends with Cancer</p> <p>Rose, Susannah</p> <p>CAR002</p>	<p>A good book to take along when visiting family or friends who may not know anything about what a cancer diagnosis can do to one's outlook and quality of life.</p>
	<p>Across the Chasm - A Caregivers Story</p> <p>Zikmund-Fisher, Naomi</p> <p>CAR003</p>	<p>A unique glimpse of the transplant experience - as seen through the eyes of a caregiver.</p>

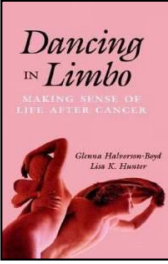
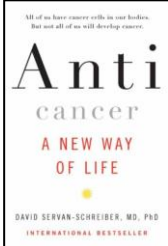
	<p>Caregiving - A step by step resource for caring for the person with cancer at home</p> <p>Houts, Peter</p> <p>CAR003</p>	<p>Written for caregivers, this guide explains each kind of cancer treatment, obstacles to recovery, when to call in professional help, and how to adjust your plan of action as needed.</p>
<p>CARERS</p>		
	<p>The Comfort of Home - An Illustrated Step-by-Step Guide for Caregivers</p> <p>Meyer, Maria</p> <p>CAR004</p>	<p>All the information you need to effectively communicate with the entire health care team to get the best quality of care for the person in your care and important tips for caregiver self-care.</p>
	<p>Helping Yourself Help Others - A Book for Caregivers</p> <p>Golant, Susan</p> <p>CAR005</p>	<p>Offers tips for dealing with health professionals, finding a support group, recognizing caregiver burnout, and making life satisfying for both caregiver and care recipient.</p>
	<p>Rain, Hail or Shine: Exploring Change Loss and Grief, in a Carers World.</p> <p>Macmillan Cancer Support</p> <p>CAR006</p>	<p>Written for carers by people who have experience of caring for someone with cancer. The resource contains practical tips and supportive advice on caring for someone with cancer.</p>

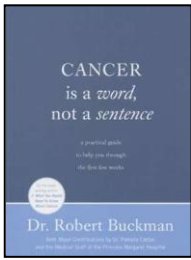
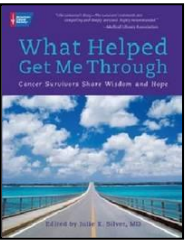

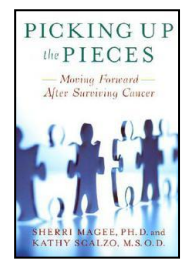
 <p>calming your anxious mind</p> <p>how mindfulness & compassion can free you from anxiety</p> <p>Jeffrey Brantley, MD Foreword by Jon Kabat-Zinn, Ph.D.</p>	<p>Calming Your Anxious Mind - How Mindfulness and Compassion Can Free You from Anxiety</p> <p>Brantley, Jeffery</p> <p>SEL001</p>	<p>A compassionate and nonreligious book that teaches the principle of mindfulness (present-moment awareness) to relieve a wide range of stress-related conditions.</p>
 <p>The Art of Extreme Self-Care</p> <p>Cheryl Richardson</p>	<p>The Art of Extreme Self-Care - Transform Your Life, One Month at a Time</p> <p>Richardson, Cheryl</p> <p>SEL002</p>	<p>12 strategies to transform your life one month at a time. A practical, action-oriented program, that challenges you to alter behaviours that get you in trouble.</p>
 <p>FULL CATASTROPHE LIVING</p> <p>Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness</p> <p>Jon Kabat-Zinn, Ph.D.</p> <p>FIFTEENTH ANNIVERSARY EDITION WITH A NEW INTRODUCTION BY THE AUTHOR</p>	<p>Full Catastrophe Living - Using the Wisdom of Your Body and Mind to Face Stress</p> <p>Kabat-Zinn, Jon</p> <p>SEL003</p>	<p>Using meditation to help patients deal with illness. A terrific introduction for anyone who has considered meditating but was afraid it would be difficult.</p>

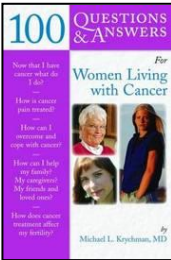
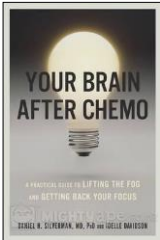
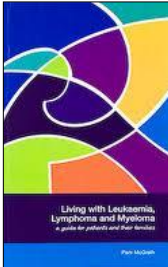
	<p>Return to Wholeness - Embracing Body, Mind and Spirit in the Face of Cancer</p> <p>Simon, David</p> <p>SEL004</p>	<p>Most books focus on treatment for eradicating disease, this book combines Eastern and Western healing to help the whole person heal spiritually, and physically.</p>
<p>SELF CARE</p>		
	<p>Inside Out Healing - Transforming Your Life By the Power of Presence</p> <p>Moss, Richard</p> <p>SEL005</p>	<p>Medicine deals with the body, but this book deals with your consciousness, the strongest means of healing your body and soul.</p>
	<p>Saturday Reflections</p> <p>Brown, Robert</p> <p>SEL006</p>	<p>Description Unavailable</p>
	<p>The Journey Through Cancer - A Unique 7 Level Programme for Healing Body, Mind, Heart and Spirit</p> <p>Geffen, Jeremy</p> <p>SEL007</p>	<p>A revolutionary approach to cancer treatment and recovery by a physician who is at the forefront of integrative medicine in cancer care.</p>

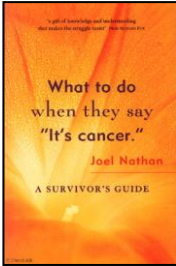
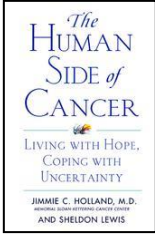
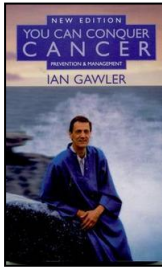
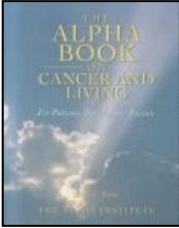
	<p>The Mindful Way through Depression – Freeing Yourself from Chronic Unhappiness</p> <p>Williams, Mark</p> <p>SEL008</p>	<p>This book draws on the collective wisdom of four internationally renowned mindfulness experts to provide effective relief from the most prevalent psychological disorder.</p>
<p>SELF CARE</p>		
	<p>The Mindful Path to Self-Compassion – Freeing Yourself from Destructive Thoughts and Emotions</p> <p>Germer, Christopher</p> <p>SEL009</p>	<p>This eloquent book illuminates the power of self-compassion and offers creative, scientifically grounded strategies for putting it into action. You'll master practical techniques for living more fully in the present moment</p>
	<p>Real Happiness – The Power of Meditation</p> <p>Salzberg, Sharon</p> <p>SEL010</p>	<p>Salzberg distills 30 years of teaching meditation into a 28-day program. From the basics to the finer points of calming the mind <i>Real Happiness</i> is a complete guide.</p>
	<p>Mindfulness Based Cancer Recovery</p> <p>Carlson et al.</p> <p>SEL011</p>	<p>Created by leading psychologists specializing in oncology, this book is based on mindfulness-based stress reduction (MBSR), a therapeutic combination of meditation and yoga now offered to cancer</p>

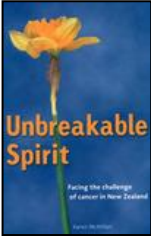
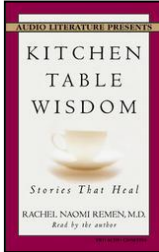
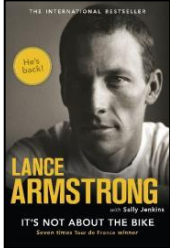
		survivors worldwide.
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	<p>Dancing in Limbo - Making Sense of Life After Cancer</p> <p>Halvorsen-Boyd, Hunter</p> <p>LIV001</p>	<p>Deeply moving, personal insights into the hopes, fears, and triumphs of cancer survivors who have transformed the threat of imminent death into a celebration of life</p>
	<p>Anti-Cancer, a New Way of Life</p> <p>Servan-Schreiber, David</p> <p>LIV002</p>	<p>When a dedicated doctor, was diagnosed with brain cancer, his life changed. Marshalling his own will to live, he takes journey from disease to relapse and, finally, to health.</p>

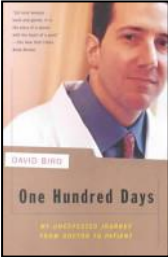
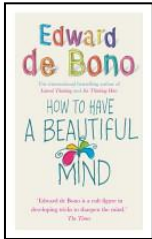
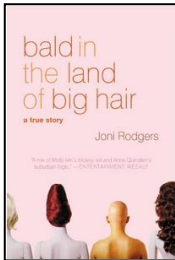
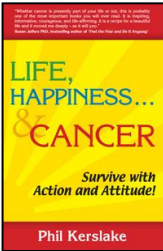
	<p>Cancer is a Word, Not a Sentence</p> <p>Buckman, Robert</p> <p>LIV003</p>	<p>A cancer guide for those newly diagnosed which offers up tips and advice for surviving the acceptance of the diagnosis.</p>
	<p>What Helped Get Me Through - Cancer Survivors Share Wisdom and Hope</p> <p>Silver, Julie (ed)</p> <p>LIV004</p>	<p>Cancer survivors from all walks of life - including celebrities like Lance Armstrong, Carly Simon, and Scott Hamilton offer their experiences, reflections, and solutions for 'getting through' cancer.</p>
<p>LIVING WITH CANCER</p>		
	<p>100 Questions and Answers about Life After Cancer - A Survivor's Guide</p> <p>Tolbert, P</p> <p>LIV005</p>	<p>Both healthcare professionals and patient's views, with authoritative, practical answers to your questions.</p>
	<p>Picking Up the Pieces - Moving Forward After Surviving Cancer</p> <p>McGee, S</p> <p>LIV006</p>	<p>Research and interviews with hundreds of survivors. Guides you through daily practices that build a bridge from hospital to home, and beyond.</p>

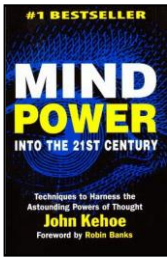
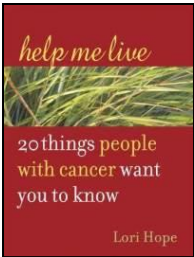
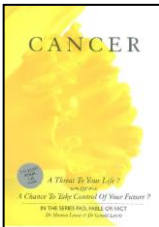
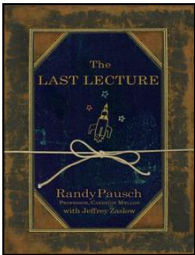
	<p>100 Questions and Answers for Women Living with Cancer - A Practical Guide for Survivorship</p> <p>Krychman, Michael</p> <p>LIV007</p>	<p>This invaluable resource provides authoritative, practical answers to the most common questions asked by women with cancer and survivors, whether active or remissive.</p>
	<p>Your Brain After Chemo - a Practical Guide for Lifting the Fog and Getting Back Your Focus</p> <p>Silverman, D</p> <p>LIV008</p>	<p>Calling on cutting-edge scientific research this groundbreaking book offers much-needed strategies to improve memory and focus, to help keep your brain sharp.</p>
<p>LIVING WITH CANCER</p>		
	<p>Living with Leukaemia, Lymphoma and Myeloma</p> <p>McGrath, Pam</p> <p>LIV009</p>	<p>Written from years of experience working with coping with a diagnosis of leukaemia or a related disorder. Basic information on how to deal with this experience.</p>
	<p>Beyond Miracles - Living with Cancer</p> <p>Hersch, Steven</p> <p>LIV010</p>	<p>Written by a psychiatrist this book includes information on how to manage stress & pain, how to communicate with medical staff, and approaches to alternative medicine and therapies.</p>

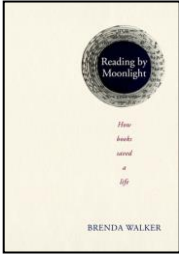
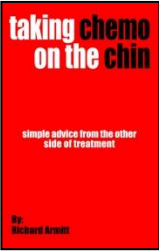
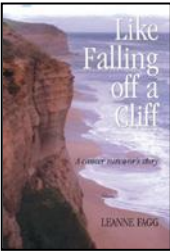
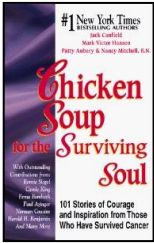
	<p>What to do when they say "it's cancer" - A Survivors Guide</p> <p>Nathan, Joel</p> <p>LIV011</p>	<p>Written by a twice survivor of cancer, the book details his experiences with both conventional and alternative medicine, and subjects rarely discussed by doctors.</p>
	<p>The Human Side Of Cancer: Living with Hope, Coping with Uncertainty</p> <p>Holland, Jimmie</p> <p>LIV012</p>	<p>Practical instructions for coping strategies, the psychological effects of different treatments, and psychosocial issues related to specific forms of cancer.</p>
<p>LIVING WITH CANCER</p>		
	<p>You can Conquer Cancer</p> <p>Gawler, Ian</p> <p>LIV013</p>	<p>A wonderfully practical, inspiring guide for healing cancer. The author's personal experience as a survivor coupled with experience in running cancer support groups, give this book rare depth.</p>
	<p>The Alpha Book on Cancer & Living</p> <p>Ryder, Brent</p> <p>LIV014</p>	<p>Written in lay language, this self-help book aims to guide the patient through the diagnosis of cancer and its aftermath, using anecdotes from well-known cancer specialists.</p>

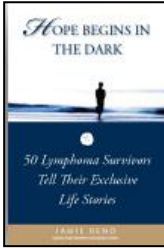
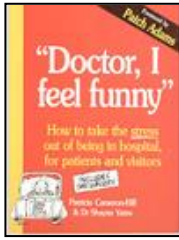
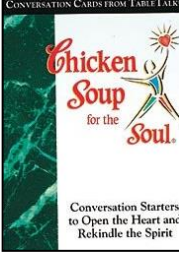
<p>Image Unavailable</p>	<p>Surviving Survival: Life After Cancer</p> <p>Little, Miles</p> <p>LIV015</p>	<p>Survival rates have been increasing over the last twenty years. This book is about surviving cancer, an experience that most people imagine to be pretty disturbing but also pretty wonderful.</p>
	<p>Unbreakable Spirit - Facing the Challenge of Cancer in New Zealand</p> <p>McMillan, Karen</p> <p>LIV016</p>	<p>McMillan tells her family's story and then records the experience of 20 people, between two and eighty facing cancer – people from all walks of life.</p>
<p>LIVING WITH CANCER</p>		
	<p>Kitchen Table Wisdom - Stories that Heal</p> <p>Remen, Rachel</p> <p>LIV017</p>	<p>A unique perspective on healing rooted in the author's background as a physician, a professor of medicine, a therapist, and a long-term survivor of chronic illness.</p>
	<p>It's Not about the Bike - My Journey back to Life</p> <p>Armstrong, Lance</p> <p>LIV018</p>	<p>The story of Lance Armstrong--a world-class athlete nearly struck down by cancer, only to recover and win the Tour de France, a race famous for its gruelling intensity.</p>

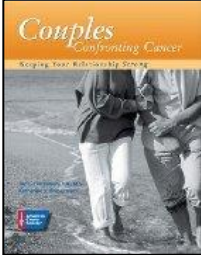
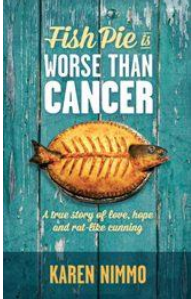
	<p>Every Second Counts Armstrong, Lance LIV019</p>	<p>Sequel to 'It's Not about the Bike' this book confronts the challenge of Lance moving beyond his cancer experience, his first Tour victory, and his celebrity status.</p>
	<p>I've got a curable one Barton, Katie LIV020</p>	<p>This autobiographical memoir tells of the author's battle against non-Hodgkin's lymphoma. Describes her symptoms and treatment and the way in which she and her family coped with her cancer.</p>
<p>LIVING WITH CANCER</p>		
	<p>Never tell me Never Shepherd, Janine LIV021</p>	<p>A champion cross-country skier, Shepherd's life was irrevocably altered during a bike ride when she was hit by a truck. This story is testament to the power of the human spirit.</p>
	<p>Cancer and how to live with it Robbins, Denise LIV022</p>	<p>A practical guide on how to maintain and improve quality of life while living with cancer. Provides ways of coping with treatment, and techniques for eating well, and dealing with stress.</p>

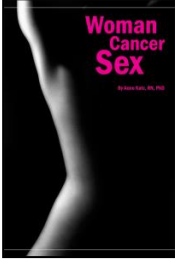
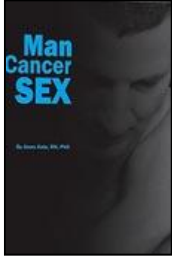
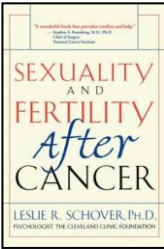
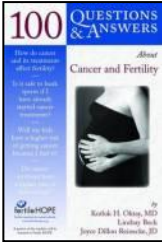
	<p>One Hundred days, my unexpected journey from doctor to patient</p> <p>Biro, David</p> <p>LIV023</p>	<p>A successful physician reflects on his journey from healer to patient as he is diagnosed with a rare blood disorder and finds himself on the other side of the medical profession.</p>
	<p>How to Have a Beautiful Mind</p> <p>De Bono, Edward</p> <p>LIV024</p>	<p>Despite the modern day emphasis on physical appearance, there is an easier way to become a desirable person. If people have minds that are fascinating, they can be beautiful.</p>
<p>LIVING WITH CANCER</p>		
	<p>Bald in the land of big hair - A true story</p> <p>Rodgers, Joni</p> <p>LIV025</p>	<p>Rodgers, actress, and radio DJ, discusses being diagnosed with lymphoma in her early thirties. She covers the confusion of diagnosis, the horrors of chemotherapy, and the uncertainty of remission.</p>
	<p>Life, Happiness and Cancer - Survive with Action and Attitude</p> <p>Kerslake, Phil</p> <p>LIV026</p>	<p>Shows how to prepare mentally for a cancer battle, create an action plan to recover and to live an even better life after cancer than before.</p>

	<p>Mind Power into the 21st Century</p> <p>Kehoe, John</p> <p>LIV027</p>	<p>Anecdotes from Carol Burnett, Arnold Schwarzenegger, and others add a lively touch to this inspirational book. A practical approach, to personal improvement.</p>
	<p>Help Me Live – 20 things people with cancer want you to know</p> <p>Hope, Lori</p> <p>LIV029</p>	<p>When someone close has been diagnosed with cancer, we want to comfort them. But sometimes we don't know what to say or do. 'Help Me Live' provides an account of words that are helpful.</p>
<p>LIVING WITH CANCER</p>		
	<p>Cancer – A threat to your life? or a chance to take control of your future?</p> <p>Lewis, Monica</p> <p>LIV030</p>	<p>Covers both traditional and complementary medicine, this book gives a positive viewpoint to people who may feel their options are limited and outlook bleak.</p>
	<p>The Last Lecture</p> <p>Pausch, Randy</p> <p>LIV031</p>	<p>When a professor was asked to give 'his last lecture' (after being diagnosed with terminal cancer) It wasn't about dying. It was about overcoming obstacles, and seizing every moment.</p>

	<p>Reading By Moonlight; How books saved a life</p> <p>Walker, Brenda</p> <p>LIV032</p>	<p>Walker describes the five stages of her treatment and how different books helped her through recovery. She shows how the process of reading –echoes the process of healing.</p>
<p>LIVING WITH CANCER</p>		
	<p>Taking Chemo on the Chin</p> <p>Arnott, Richard</p> <p>LIV033</p>	<p>Armitt offers patients and their families sound, useful advice on how to be “positive, win the war and be a battle scarred survivor” of lymphoma and related blood conditions.</p>
	<p>Like falling off a cliff – a cancer survivor’s story</p> <p>Fagg, Leanne</p> <p>LIV034</p>	
	<p>Chicken Soup for the Surviving Soul</p> <p>Canfield, Jack</p> <p>LIV035</p>	<p>101 stories of courage and inspiration from those who have survived cancer.</p>

	<p>Hope begins in the dark</p> <p>Reno, Jamie</p> <p>LIV036</p>	<p>50 Lymphoma Survivors tell their life stories.</p>
<p>LIVING WITH CANCER</p>		
<p>LIVING WITH CANCER</p>		
	<p>Doctor I Feel Funny</p> <p>Cameron-Hill, Patricia</p> <p>LIV037</p>	<p>How to take the stress out of being in Hospital for patients and visitors. Information about coping with hospital procedures, visitors, surgery and sleeplessness nights</p>
	<p>Chicken Soup for the Soul</p> <p>Canfield, Jack</p> <p>LIV040</p>	<p>101 Stories to open the heart and rekindle the spirit.</p>

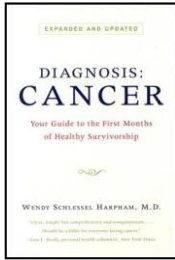
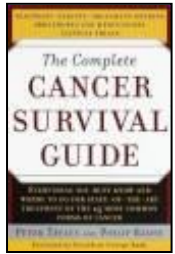
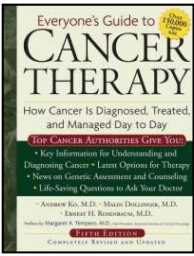
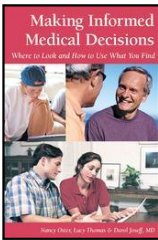
<p>Image Unavailable</p>	<p>Healing Ways</p> <p>LIV039</p>	<p>Description Unavailable</p>
	<p>Couples Confronting Cancer</p> <p>Fincannon et al.</p> <p>LIV038</p>	<p>This book contains information about how others experience cancer, the problems it often causes in relationships and how to resolve these.</p>
	<p>Fish Pie Is Worse Than Cancer</p> <p>LIV041</p>	<p>Looks at Journalists, Kevin Norquay's journey with cancer, told through the eyes of his wife, Karen Nimmo, a clinical psychologist and writer.</p>
<p style="text-align: center;">SIDE EFFECTS</p>		

	<p>Woman Cancer Sex</p> <p>Katz, Anne</p> <p>SFX001</p>	<p>Sexuality after a diagnosis of cancer is a real issue for women. Katz explains the changes that many women experience and offers compassionate advice on how to handle these changes.</p>
	<p>Man Cancer Sex</p> <p>Katz, Anne</p> <p>SFX002</p>	<p>Describes the experience of men with different types of cancer and their sexuality. Covers pain, loss of libido, fertility and more.</p>
	<p>Sexuality & Fertility after cancer</p> <p>Schover, Leslie</p> <p>SFX003</p>	<p>In this comprehensive book, Schover reassuringly explains your options regarding sexuality and fertility.</p>
	<p>100 Questions and Answers about Cancer and Fertility</p> <p>Oktay, Kutluk</p> <p>SFX004</p>	<p>Featuring practical, authoritative answers to 100 of the most common questions asked by cancer patients and survivors about fertility.</p>

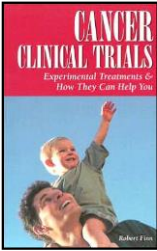
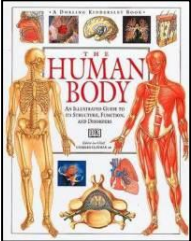
SIDE EFFECTS

	<p>100 Questions and Answers about Cancer Symptoms and Cancer Treatment Side Effects</p> <p>Kelvin, Joanne</p> <p>SFX005</p>	<p>The only text to provide the doctors and patient's view. It gives you answers to all your questions about cancer, treatment options, post-treatment quality of life and coping.</p>
<p>Image Unavailable</p>	<p>Cancer Pain</p> <p>Woodruff, Roger</p> <p>SFX006</p>	<p>Description Unavailable</p>
	<p>The Chemotherapy and Radiation Survival Guide</p> <p>McKay, Judith</p> <p>SFX007</p>	<p>Covers basics about treatment, how to deal with side-effects, getting good nutrition, support, and bone-marrow transplants.</p>
	<p>Chemotherapy and Radiation for Dummies</p> <p>Lyss, Alan</p> <p>SFX008</p>	<p>A reassuring, optimistic guide that helps people get a handle on treatment options and explains in plain English how chemotherapy and radiation therapy really work.</p>

GENERAL CANCER

	<p>Diagnosis Cancer</p> <p>Harpham, Wendy</p> <p>GEN001</p>	<p>In a question-and-answer format, Harpham guides patients through the diagnosis, evaluation, and treatment phases of survivorship.</p>
	<p>The Complete Cancer Survival Guide</p> <p>Teeley, Peter</p> <p>GEN002</p>	<p>Practical, clearly written, well-organized, illustrated information. How dietary changes, stress management, medication for nausea and pain and support services can help you.</p>
	<p>Everyone's Guide to Cancer Therapy</p> <p>Dollinger, Malin</p> <p>GEN003</p>	<p>The latest information available in cancer treatment. Written in easy-to-understand text, the book outlines everything from getting second opinions to what's available on the Internet.</p>
	<p>Making Informed Medical Decisions</p> <p>Oster, Nancy</p> <p>GEN004</p>	<p>Tips on searching the Internet along with information about your rights as a patient, interpreting stats, and alternative therapies.</p>

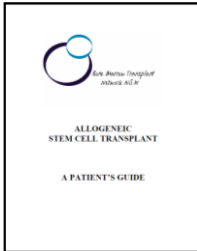
GENERAL CANCER

	<p>Clinical Cancer Trials</p> <p>Finn, Robert</p> <p>GEN005</p>	<p>Everything you need to know about finding and evaluating experimental cancer treatments.</p>
	<p>The Human Body An Illustrated Guide to Its Structure, Function and Disorders</p> <p>Smith, Tony</p> <p>GEN006</p>	<p>It's big, it's colourful, and it's got everything from your gallbladder to your blood and brain. Clear and helpful diagrams detail conditions from acne to malignant melanoma.</p>

TRANSPLANT

	<p>Bone Marrow Transplants - A guide for cancer patients & their families</p> <p>Shaffer, Marianne</p> <p>TPL001</p>	<p>Describes this promising procedure by discussing every aspect of a BMT in lay terms demystifying this complicated procedure.</p>
	<p>Bone Marrow and Blood Stem Cell Transplants – A guide for patients</p> <p>Stewart, Susan</p> <p>TPL002</p>	<p>Comprehensive and easy-to-read, this book is a goldmine of information for people considering a transplant with donor marrow or stem cells.</p>
	<p>100 Questions and Answers about Bone Marrow and Stem Cell Transplantation</p> <p>Carrier, Ewa</p> <p>TPL003</p>	<p>This text is a patient-oriented guide to dealing with a bone marrow or stem cell transplant.</p>
	<p>Autologous Stem Cell Transplants - A handbook for patients</p> <p>Stewart, Susan</p> <p>TPL004</p>	<p>Provides critical information to patients about transplantation in a straight forward manner, with heartfelt concern for patient needs.</p>

TRANSPLANT



Allogeneic Bone Marrow Transplant, A Patient's Guide

Overs, Marge

TPL005

Provides background information for people who are being assessed for treatment with a transplant from a healthy bone marrow donor.

MYELOMA

	<p>100 Questions and Answers about Myeloma</p> <p>Bashey, Asad</p> <p>MYE001</p>	<p>Written by a haematologist-oncologist and featuring insider advice from an actual patient, this book is an invaluable resource for anyone coping with this disease.</p>
	<p>Living with Multiple Myeloma</p> <p>Killingsworth, Pat</p> <p>MYE002</p>	<p>Practical Advice from a Fellow Cancer Survivor for Myeloma Patients, Their Families and Friends</p>

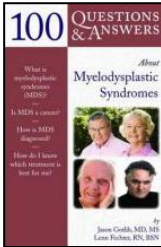
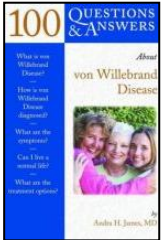
LEUKAEMIA

	<p>100 Questions and Answers about Leukaemia</p> <p>Ball, Edward</p> <p>LEU001</p>	<p>Authoritative practical answers to your questions about treatment options, post-treatment quality of life, sources of support, and much more.</p>
	<p>Adult Leukemia</p> <p>Lackritz, Barbara</p> <p>LEU002</p>	<p>This guide offers topics including: diagnosis and medical tests; finding a good oncologist; characteristics of the leukaemia's, factors in prognosis, and the staging systems for the disease.</p>


LYMPHOMA

	<p>Non Hodgkin's Lymphomas - Making sense of diagnosis, treatment & options</p> <p>Johnston, Lorraine</p> <p>LYM001</p>	<p>A voluminous look at coping with the medical, financial, social, and research aspects of NHL. Johnston presents clear, up-to-date, and accurate medical information reviewed by specialists.</p>
	<p>Living with Lymphoma - A patient's guide</p> <p>Adler, Elizabeth</p> <p>LYM0002</p>	<p>Adler combines her knowledge of lymphoma - both scientific and personal - with the desire to help other patients come to grips with this complex, and often baffling, disease.</p>
	<p>100 Questions and Answers about Lymphoma</p> <p>Holman, Peter</p> <p>LYM003</p>	<p>This book deals with lymphoma from a doctor's and a caregiver's perspective.</p>

THALASSAEMIA. MYELODYSPLASTIC SYNDROMES AND VON WILLEBRAND DISEASE

Image Unavailable	<p>About Thalassaemia</p> <p>Eleftheriou, Androulla</p> <p>THA001</p>	Description Unavailable
	<p>100 Questions and Answers about Myelodysplastic Syndromes</p> <p>Gotlib, Jason</p> <p>MDS001</p>	<p>Whether you're a newly diagnosed patient, or loved one of someone suffering from MDS, this book offers help. Provides practical, authoritative answers to 100 of the most common questions asked.</p>
	<p>100 Questions and Answers about von Willebrand Disease</p> <p>James, Andrew</p> <p>VWD001</p>	<p>Addresses the questions most relevant to those recently diagnosed with the Von Willebrand Disease.</p>

DVD		
Image Unavailable	Healing Journeys – He Oranga He Oranga Wickcandle films DVD001	This inspiring feature documentary follows the journeys of eleven survivors through - bone, bowel, breast, ovarian, prostate, brain cancers, lymphoma, and leukaemia - to health.
Image Unavailable	How to build and coach your healing team Kerlake, Phil DVD002	LBF World Lymphoma Awareness Day presentation
Image Unavailable	Making sense of yourself through mind-body relationships Booth, Roger DVD003	LBF World Lymphoma Awareness Day presentation
Image Unavailable	Overview of the lymphatic system and lymphoma Simpson, Davis DVD004	Description Unavailable

DVD		
Image Unavailable	<p>Celebrating a second chance at life – for BMT recipients</p> <p>BMT Infonet</p> <p>DVD005</p>	<p>Learn what the experts say about managing fatigue, emotional and social issues, chronic GVHD, sexuality/infertility, learning and memory problems.</p>
	<p>Transfusion Alternatives – Documentary Series</p> <p>DVD006</p>	<p>Three programs that address simple, safe, effective, transfusion-alternative health meeting patient needs and rights.</p>
Image Unavailable	<p>Living with Leukaemia, Lymphoma, Myeloma & Related Disorders</p> <p>Boyle, John</p> <p>DVD007</p>	<p>Leukaemia Foundation Australia DVD</p>
Image Unavailable	<p>Understanding MDS</p> <p>Kenealy, Melita</p> <p>DVD008</p>	<p>Leukaemia Foundation Australia DVD</p>





DVD		
Image Unavailable	Understanding CML and CLL Carney, Dennis DVD009	Leukaemia Foundation Australia DVD
Image Unavailable	Understanding Acute Leukaemia Wei, Andrew DVD010	Leukaemia Foundation Australia DVD
Image Unavailable	Understanding Myeloma Prince, Miles DVD011	Leukaemia Foundation Australia DVD
Image Unavailable	Understanding NHL DVD012	Leukaemia Foundation Australia DVD

DVD		
Image Unavailable	<p>Hodgkin Lymphoma</p> <p>Diehl, Volker</p> <p>DVD013</p>	Description Unavailable
Image Unavailable	<p>An Evening with Prof J Connors</p> <p>Connors, J</p> <p>DVD014</p>	Description Unavailable
Image Unavailable	<p>Quality of Life Following Stem Transplant</p> <p>Van Besian, Koen</p> <p>DVD015</p>	Description Unavailable
Image Unavailable	<p>Looking after yourself during chemotherapy</p> <p>DVD016</p>	Description Unavailable



LBC DVD – AVAILABLE TO KEEP – NO RETURN NECESSARY

<p align="center">Image Unavailable</p>	<p>This is a Big Deal – Understanding blood cancers and conditions.</p> <p>Dr Bart Baker, Haematologist Phil and Gillian Kerlake</p>	<p>Leukaemia & Blood Cancer New Zealand DVD</p> <p>A short film for patients, families and whanau</p>
<p align="center">Image Unavailable</p>	<p>Biology of the Bone Marrow</p> <p>Dr Bart Baker, Haematologist</p>	<p>Leukaemia & Blood Cancer New Zealand DVD</p>
<p align="center">Image Unavailable</p>	<p>Living with Chronic Lymphocytic Leukaemia (CLL)</p> <p>Dr Constantine Tam, Consultant Haematologist</p>	<p>Leukaemia & Blood Cancer New Zealand DVD</p>
<p align="center">Image Unavailable</p>	<p>Living with Myeloma: Complications & Side Effects</p> <p>Tracy King, Myeloma Clinical Nurse Consultant</p>	<p>Leukaemia & Blood Cancer New Zealand DVD</p>

LBC DVD – AVAILABLE TO KEEP – NO RETURN NECESSARY

	<p>Blood Cancer Patient Forum Disc 1</p> <p>Biology of the Bone Marrow</p> <p>Resilience; The X-Factor in Fighting Cancer</p>	<p>Leukaemia & Blood Cancer New Zealand DVD</p> <p>Blood Cancer Patient Forum September 2012</p>
	<p>Blood Cancer Patient Forum Disc 2 - Myeloma</p> <ul style="list-style-type: none"> -Overview of Biology & Treatment -Autologous Stem Cell Transplants -Managing Side Effects 	<p>Leukaemia & Blood Cancer New Zealand DVD</p> <p>Blood Cancer Patient Forum September 2012</p>
	<p>Blood Cancer Patient Forum Disc 3 – Indolent Lymphoma & CLL</p> <ul style="list-style-type: none"> -Overview of Biology -Treatment 	<p>Leukaemia & Blood Cancer New Zealand DVD</p> <p>Blood Cancer Patient Forum September 2012</p>
	<p>Blood Cancer Patient Forum Disc 4 – Aggressive Lymphoma</p> <ul style="list-style-type: none"> -Overview of Biology -Treatment 	<p>Leukaemia & Blood Cancer New Zealand DVD</p> <p>Blood Cancer Patient Forum September 2012</p>

LBC DVD – AVAILABLE TO KEEP – NO RETURN NECESSARY

	<p>Blood Cancer Patient Forum Disc 5</p> <p>Overview of Acute Leukaemias and their Treatment</p> <p>Allogenic Stem Cell Transplant</p>	<p>Leukaemia & Blood Cancer New Zealand DVD</p> <p>Blood Cancer Patient Forum September 2012</p>
	<p>Blood Cancer Patient Forum Disc 6</p> <p>A New Normal – Survivorship</p> <p>Haematology Clinical Trials</p> <p>Managing Cancer Related fatigue</p>	<p>Leukaemia & Blood Cancer New Zealand DVD</p> <p>Blood Cancer Patient Forum September 2012</p>



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